##

## List of resources mentioned in Stop Paying Out!

Clickable list below:

Fill in a CAFCASS parenting plan

<https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/parenting-plan>

**Check whether you can get legal aid**

<https://www.gov.uk/check-legal-aid>

Find a legal aid adviser or mediator

https://find-legal-advice.justice.gov.uk

See the full list of court fees

<https://www.gov.uk/government/publications/fees-in-the-civil-and-family-courts-main-fees-ex50>

Apply for help with court fees

<https://www.gov.uk/government/publications/apply-for-help-with-court-and-tribunal-fees#details>

See a full list of court forms

<https://www.gov.uk/government/collections/court-and-tribunal-forms>

Apply for a council tax reduction

<https://www.gov.uk/apply-council-tax-reduction>

## Child maintenance

Estimate your child maintenance contributions <https://www.gov.uk/calculate-your-child-maintenance>

Use Child Maintenance Options for your child maintenance agreement:

<https://www.cmoptions.org/en/maintenance/>

## Pensions

Find lost pensions (Pension Tracing Service)

 <https://www.gov.uk/find-pension-contact-details>

Find out how much is in your pension (get a pension valuation):

<https://www.pensionwise.gov.uk/en/pension-pot-value>

Options for dividing up your pension

<https://www.moneyadviceservice.org.uk/en/articles/dividing-pensions-on-divorce-or-dissolution>

Apply for pension sharing (of an additional State Pension)

<https://www.gov.uk/government/publications/application-for-a-state-pension-forecast-on-divorce-or-dissolution-br20>

Speak to a financial adviser (about your pension options)

<https://register.fca.org.uk/>

##

## Arbitration

Family arbitrators

<http://ifla.org.uk>

##

## Mediation

Family mediators

<https://www.familymediationcouncil.org.uk/find-local-mediator/>

##

## Emotional support

Dealing with:

**Relationship and family problems**

<https://www.samaritans.org/how-we-can-help-you/contact-us/what-speak-us-about>

**Domestic and psychological abuse – women (and children)**

<https://www.womensaid.org.uk/>

**Domestic violence advice and support – men**

<http://www.mensadviceline.org.uk/>

**Domestic abuse support – LGBT**

<https://lgbt.foundation/how-we-can-help-you/domestic-abuse>

##

## Legal advice from lawyers

**Collaborative lawyers**

<http://www.resolution.org.uk/findamember/>

**Direct-access barristers**

[www.barcouncil.org.uk/publicaccess](http://www.barcouncil.org.uk/publicaccess)

**Solicitors**
<http://solicitors.lawsociety.org.uk>

**Chartered Legal Executives**

<https://www.cilex.org.uk/about_cilex/about-cilex-lawyers/cilex-practitioners-directory>

##

## Legal assistance/advice

**McKenzie Friends**

<http://www.mckenziefriends.directory/index.html>

**Professional McKenzie Friends**
<https://www.mckenzie-friend.org.uk/mckenzies.html>

**Personal Support Unit Volunteers**
<https://www.thepsu.org>

**Law Centres Network – England**

<http://www.lawcentres.org.uk/>

**South West London Law Centre**
<http://www.swllc.org/>

**Child Law Advice**
<http://childlawadvice.org.uk>

**Citizen’s Advice**

<http://www.citizensadvice.org.uk>

##

## Pro bono advice

**Advocate**

<https://weareadvocate.org.uk>

**LawWorks**

<http://lawworks.org.uk/clinics>

**Birmingham University: Free Legal Advice Group**
<http://www.birmingham.ac.uk/schools/law/flag/about.aspx>

**Law Clinic at Swansea University**

<https://www.swansea.ac.uk/law/lawclinic/#accept>

**University of Law (throughout England & Wales)**
<http://www.law.ac.uk/about/legal-advice-for-the-public/>

**University of Reading: School of Law**
<http://www.reading.ac.uk/law/undergraduate-degrees/pro-bono.aspx>

## Legal/extra resources

**Advice Now**

[https://www.advicenow.org.uk](https://www.advicenow.org.uk/guides/how-apply-court-order-about-arrangements-your-children-without-help-lawyer)

**Child Law Advice**

<https://childlawadvice.org.uk/clas/about-child-law-advice/>

**Moneyworks Brighton & Hove**

<https://www.advicebrighton-hove.org.uk/#contact>

**National Debt Line**
<https://www.nationaldebtline.org/>

**Shelter**

<https://england.shelter.org.uk/get_help>